



The Art of Excellence

Leadership. Teamwork. Success.

June 2008

Sylvie Gervais-Leduc

We Are Creating Excellence When...



Key Questions:

1. What current situation do

We Access Courage.

Dear

Where do we find the courage? I am amazed to hear the stories and witness the steps people take to become more than they ever thought possible. Great leaders, employers, employees, community members and family members are the every-day heroes when they are accessing the courage necessary to live their potential and to create extraordinary lives. It takes courage to take full responsibility for ourselves and our lives, to choose to do what is right rather than what is easiest, to look within ourselves and see what we may need to change in order get the results we truly want. We need to access courage in order to be accountable for all we say and do, to look compassionately at the impact these thoughts and actions have on the world around us. To feel the fear and do it anyway, to face difficult and/or challenging situations, to put another's needs or "the greater good" in front of our own needs. To take the time to look at and take care of our own needs. Sheer courage is called for in order to be

you need to muster up some courage for?

2. Remember a time you had to access courage, how did you do it?

3. Ask someone you respect how they access courage.

4. What would you need to know in order to do what you know you need to be doing at this time?

5. Where can you get the support, inspiration and/or ideas you need to face what needs to be done?

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completely honest with ourselves and others, to express our thoughts and opinions with respect as well as be open to other's ideas and opinions. To set healthy boundaries and limits that allow us to be healthy and productive, to take risks that will move us from where we are to where we want to be. To take the time to think no matter how "busy" or how long our "to do" list is and knowing we will be more effective for it. To do something uncomfortable or to step out of our comfort zone in order to learn, grow, get more out of life. Imagine the courage it can take to give someone hope or heartfelt acknowledgement. Courage allows us to chose "good judgement" rather than being judgemental. To look for solutions or commit to being part of a team that will find solutions in moving things forward. To admit we need help, to know who we can count on and to ask for it. It takes great courage to take the high road, manage our emotions, choose our thoughts. To be okay with making mistakes and learning from them. To trust that every experience we have can be an opportunity to learn and grow and become more.

There are two things that will propel us to look within and do things differently. Love (including passion for an idea or a dream) and suffering. Love, when we are able to truly access all that means, inspires us to muster up the courage to face any challenge and move past any and all obstacles. It moves us to faith in ourselves, our dreams and other's contribution to that. Accessing courage allows us to persevere and doing it because we love and/or are deeply passionate about something, helps us to access that courage.

Suffering pushes us to a "need" to do things differently. It can propel us to make changes we never would have considered without it and/or to discover inner strength. It "makes us" develop skills we never had before (or even thought possible). When we have the courage to be fully

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accountable for what we are creating in our lives, success or failure, move to or away from our dreams and/or goals, we can look at ourselves with compassion and say "What am I missing?", "What can I do differently?", "How can I change directions or move more quickly towards better things?". If we leave it up to others to do it for us, it will never happen! Courage is about committing to trying new things, finding what works for us (or our company) and stepping up to the plate. Courage.

The big question? How do we muster up this courage?

Have an EXCELLENCE month!

Sylvie Gervais-Leduc

www.taoe.ca mail to: info@artofexcellence.net

(705) 969-8827 or 1-866-827-8448

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The Art of Excellence

Upcoming Events !

Date: Tuesday Sept 9th

Location:

Ristorante Verdicchio

City: Sudbury, ON

\$ 135.00 + GST (half day)

\$265.00 + GST (full

UNDERSTANDING THE TRIGGER CYCLE & DEALING WITH DIFFICULT PEOPLE

"Are you being difficult or is it just me?"

DON'T GET ME STARTED! DON'T TAKE IT PERSONALLY! 9:30 - 12:30 p.m.

This workshop defines what triggers are, how they work and created a clear understanding of how to deal with them appropriately within the workplace.

DEALING WITH DIFFICULT PEOPLE

1:00

day)

- 4:00 p.m.

Learn why people become difficult and the best way to "deal" with people who are being difficult.

THE LEADER'S CODE OF EXCELLENCE

"Developing the leader from within"

This workshop is designed to bring out the leader potential in anyone who takes it.

Date: Tues Nov 4th

Time: 9:00 a.m. - 4:00 p.m.

Location:

Ristorante Verdicchio

City: Sudbury, ON

\$ 265.00 + GST

AND

Date: Mon Sept 22nd

Location:

**Cedar Meadows
Resort**

Timmins, ON

**HOW TO
REGISTER:**

**ONLINE:
WWW.TAOE.CA**

PHONE: 705-969-8827

Come spend the day with me and see what the "Leader's Code of Excellence" entails, have the opportunity to evaluate where you are currently vis a vis those skills and how to develop Leadership Excellence at all levels within your business or organization!

OR

866-827-8448

EMAIL:

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